Time Slots		
6:00	Warm up	
6:15 - 6:30	Time Slot a	Water Breaks in between
6:35 - 6:50	Time Slot b	Water Breaks in between
6:55 - 7:10	Time Slot c	Water Breaks in between
7:15 - 7:30	Time Slot d	Water Breaks in between

Time Slots		
6:00	Warm up	
6:15 - 6:30	Time Slot a	Water Breaks in between
6:35 - 6:50	Time Slot b	Water Breaks in between
6:55 - 7:10	Time Slot c	Water Breaks in between
7:15 - 7:30	Time Slot d	Water Breaks in between

Basic Workouts	5-6		7-8		9-10		11-12		13-14
Early in season	DISTANCE: 100/50 walk		DISTANCE: 200/100 walk		DISTANCE: Run 400/Walk 100		DISTANCE: Run 400/Walk 100		DISTANCE: Run 400/Walk 100
	DISTANCE: 200/100 walk		DISTANCE: Run 400/Walk 100		DISTANCE: 1/3 mile loop		DISTANCE: 1/2 mile loop		DISTANCE: 1/2 mile loop
	DISTANCE: Run 400/Walk 100		DISTANCE: Run 600/Walk 200		DISTANCE: 1/2 mile loop		DISTANCE: 3/4 mile loop		DISTANCE: 3/4 mile loop
Late in season	DISTANCE: Run 600/Walk 200		DISTANCE: Run 800/Walk 200		DISTANCE: 3/4 mile loop		DISTANCE: 1 mile loop		DISTANCE: 1 mile loop
	FIELD: Softball Throw		FIELD: Long Jump		FIELD: Discus		FIELD: Discus		FIELD: Discus
	FIELD:Lone Jump		FIELD: Softball Throw		FIELD: Lone Jump		FIELD: Lone Jump		FIELD: Lone Jump
					FIELD: Shot Put		FIELD: Shot Put		FIELD: Shot Put
	SPECIAL: Blocks		SPECIAL: Blocks		SPECIAL: Blocks		SPECIAL: Blocks		SPECIAL: Blocks
	SPECIAL: Hurdles		SPECIAL: Hurdles		SPECIAL: Ground Bounds		SPECIAL: Ground Bounds		SPECIAL: Ground Bounds
	SPECIAL: Relay Explanation		SPECIAL: Relay Explanation		SPECIAL: Hurdles		SPECIAL: Hurdles		SPECIAL: Hurdles
	SPECIAL: Relay Practice		SPECIAL: Relay Practice		SPECIAL: Relay Explanation		SPECIAL: Relay Explanation		SPECIAL: Relay Explanation
					SPECIAL: Relay Practice		SPECIAL: Relay Practice		SPECIAL: Relay Practice
Early in season	SPRINT: Run 25/Walk 25		SPRINT: Run 25/Walk 25		SPRINT: Run 50/Walk 50		SPRINT: Run 50/Walk 50		SPRINT: Run 50/Walk 50
	SPRINT: Run 50/Walk 50		SPRINT: Run 50/Walk 50		SPRINT: 50,75 ,100 Intervals		SPRINT: Run 100/Walk 100		SPRINT: Run 100/Walk 100
	SPRINT: 25, 50,75 Intervals		SPRINT: 25, 50, 75 Intervals		SPRINT: 50,100 ,200 Intervals		SPRINT: 50 ,75 ,100 Intervals		SPRINT: 50 ,75 ,100 Intervals
	SPRINT: Run 100/Walk 100		SPRINT: Run 100/Walk 100		SPRINT:Run 200/Walk 100		SPRINT: 50 ,100 ,200		SPRINT: 50 ,100 ,200
Late in season			SPRINT: Run 200/Walk 100				SPRINT:Run 200/Walk 100		SPRINT:Run 200/Walk 100
							SPRINT:Run 300/Walk 100		SPRINT:Run 300/Walk 100

			5-6 Group A	5-6 Group B	7-8 Group A	7-8 Group B	9-10 Group A	9-10 Group B	11-12 Group A	11-12 Group B	13-14	
19-Jun	Mon	6:15-6:30	Sprint	Blocks	Long Jump	Sprint	Hurdles	Discus	Distance	Relay	Shot Put	
19-Jun	Mon	6:35-6:50	Softball Throw	Sprint	Blocks	Long Jump	Sprint	Hurdles	Discus	Distance	Relay	
19-Jun	Mon	6:55-7:10	Relay	Softball Throw	Sprint	Blocks	Long Jump	Sprint	Hurdles	Discus	Distance	
19-Jun	Mon	7:15-7:30	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	
21-Jun	Wed	6:15-6:30	Distance	Hurdles	Softball Throw	Sprint	Relay	Shot Put	Sprint	Blocks	Jong Jump	
21-Jun	Wed	6:35-6:50	Long Jump	Distance	Hurdles	Softball throw	Sprint	Relay	Shot Put	Sprint	Blocks	
21-Jun	Wed	6:55-7:10	Blocks	Long Jump	Distance	Hurdles	Discus	Sprint	Relay	Shot Put	Sprint	
21-Jun	Wed	7:15-7:30	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	
23-Jun	Fri	6:15-6:30	Sprint	Relay	Agility Training	Distance	Blocks	Long Jump	Sprint	Hurdles	Discus	
23-Jun	Fri	6:35-6:50	Obstacle Course	Sprint	Relay	Agility Training	Distance	Blocks	Jong Jump	Sprint	Hurdles	
23-Jun	Fri	6:55-7:10	Hurdles	Obstacle Course	Sprint	Relay	Shot Put	Distance	Blocks	Long Jump	Sprint	
23-Jun	Fri	7:15-7:30	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	

			5-6 Group A	5-6 Group B	7-8 Group A	7-8 Group B	9-10 Group A	9-10 Group B	11-12 Group A	11-12 Group B	13-14	
26-Jun	Mon	6:15-6:30	Sprint	Agility Training	Long Jump	Sprint	Hurdles	Discus	Distance	Relay	Shot Put	
26-Jun	Mon	6:35-6:50	Softball Throw	Sprint	Blocks	Long Jump	Sprint	Hurdles	Discus	Distance	Relay	
26-Jun	Mon	6:55-7:10	Relay	Softball Throw	Sprint	Blocks	Long Jump	Sprint	Hurdles	Discus	Distance	
26-Jun	Mon	7:15-7:30	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	
28-Jun	Wed	6:15-6:30	Distance	Hurdles	Softball Throw	Sprint	Relay	Shot Put	Sprint	Agility Training	Jong Jump	
28-Jun	Wed	6:35-6:50	Long Jump	Distance	Hurdles	Softball throw	Sprint	Relay	Shot Put	Sprint	Agility Training	
28-Jun	Wed	6:55-7:10	Agility Training	Long Jump	Distance	Hurdles	Discus	Sprint	Relay	Shot Put	Sprint	
28-Jun	Wed	7:15-7:30	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	
30-Jun	Fri	6:15-6:30	Sprint	Relay	Obstacle Course	Distance	Aaility Training	Long Jump	Sprint	Hurdles	Discus	
30-Jun	Fri	6:35-6:50	Blocks	Sprint	Relay	Obstacle Course	Distance	Agility Training	Jong Jump	Sprint	Hurdles	
30-Jun	Fri	6:55-7:10	Hurdles	Obstacle Course	Sprint	Relay	Shot Put	Distance	Agility Training	Long Jump	Sprint	
30-Jun	Fri	7:15-7:30	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	

JULY 4-8

			5-6 Group A	5-6 Group B	7-8 Group A	7-8 Group B	9-10 Group A	9-10 Group B	11-12 Group A	11-12 Group B	13-14	
3-Jul	Mon	6:15-6:30	Softball Throw	Sprint	Agility Training	Long Jump	Sprint	Hurdles	Discus	Distance	Relay	
3-Jul	Mon	6:35-6:50	Relay	Softball Throw	Sprint	Blocks	Long Jump	Sprint	Hurdles	Discus	Distance	
3-Jul	Mon	6:55-7:10	Distance	Relay	Softball Throw	Sprint	Blocks	Long Jump	Sprint	Hurdles	Discus	
3-Jul	Mon	7:15-7:30	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	
5-Jul	Wed	6:15-6:30	Jong Jump	Distance	Hurdles	Softball Throw	Sprint	Relay	Shot Put	Sprint	Agility Training	
5-Jul	Wed	6:35-6:50	Agility Training	Long Jump	Distance	Hurdles	Discus	Sprint	Relay	Shot Put	Sprint	
5-Jul	Wed	6:55-7:10	Sprint	Agility Training	Long Jump	Distance	Hurdles	Discus	Sprint	Relay	Shot Put	
5-Jul	Wed	7:15-7:30	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	
7-Jul	Fri	6:15-6:30	Relay	Softball Throw	Sprint	Agility Training	Long Jump	Sprint	Hurdles	Discus	Distance	
7-Jul	Fri	6:35-6:50	Distance	Relay	Softball Throw	Sprint	Blocks	Long Jump	Sprint	Hurdles	Discus	
7-Jul	Fri	6:55-7:10	Obstacle Course	Distance	Relay	Softball Throw	Sprint	Blocks	Long Jump	Sprint	Hurdles	
7-Jul	Fri	7:15-7:30	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	

MEET #1

July 11-15

			5-6 Group A	5-6 Group B	7-8 Group A	7-8 Group B	9-10 Group A	9-10 Group B	11-12 Group A	11-12 Group B	13-14	
10-Jul	Mon	6:15-6:30	Relay	Softball Throw	Sprint	Agility Training	Long Jump	Sprint	Hurdles	Discus	Distance	
10-Jul	Mon	6:35-6:50	Distance	Relay	Softball Throw	Sprint	Blocks	Long Jump	Sprint	Hurdles	Discus	
10-Jul	Mon	6:55-7:10	Obstacle Course	Distance	Relay	Softball Throw	Sprint	Blocks	Long Jump	Sprint	Hurdles	
10-Jul	Mon	7:15-7:30	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	
12-Jul	Wed	6:15-6:30	Agility Training	Jong Jump	Distance	Hurdles	Discus	Sprint	Relay	Shot Put	Sprint	
12-Jul	Wed	6:35-6:50	Sprint	Agility Training	Long Jump	Distance	Hurdles	Discus	Sprint	Relay	Shot Put	
12-Jul	Wed	6:55-7:10	Shot Put	Sprint	Agility Training	Long Jump	Distance	Hurdles	Discus	Sprint	Relay	
12-Jul	Wed	7:15-7:30	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	
14-Jul	Fri	6:15-6:30	Distance	Relay	Obstacle Course	Sprint	Agility Training	Long Jump	Sprint	Hurdles	Discus	
14-Jul	Fri	6:35-6:50	Sprint	Distance	Relay	Obstacle Course	Sprint	Agility Training	Long Jump	Sprint	Hurdles	
14-Jul	Fri	6:55-7:10	Hurdles	Sprint	Distance	Relay	Obstacle Course	Sprint	Agility Training	Long Jump	Sprint	
14-Jul	Fri	7:15-7:30	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	

MEET #2

July 18-22

			5-6 Group A	5-6 Group B	7-8 Group A	7-8 Group B	9-10 Group A	9-10 Group B	11-12 Group A	11-12 Group B	13-14	
17-Jul	Mon	6:15-6:30	Distance	Relay	Obstacle Course	Sprint	Agility Training	Long Jump	Sprint	Hurdles	Discus	
17-Jul	Mon	6:35-6:50	Softball Throw	Distance	Relay	Obstacle Course	Sprint	Blocks	Long Jump	Sprint	Hurdles	
17-Jul	Mon	6:55-7:10	Relay	Softball Throw	Distance	Relay	Obstacle Course	Sprint	Blocks	Long Jump	Sprint	
17-Jul	Mon	7:15-7:30	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	
19-Jul	Wed	6:15-6:30	Sprint	Agility Training	Jong Jump	Distance	Hurdles	Discus	Sprint	Relay	Shot Put	
19-Jul	Wed	6:35-6:50	Obstacle Course	Obstacle Course	Agility Training	Long Jump	Distance	Hurdles	Discus	Sprint	Relay	Hurdle Meet
19-Jul	Wed	6:55-7:10	Relay	Shot Put	Sprint	Agility Training	Long Jump	Distance	Hurdles	Discus	Sprint	
19-Jul	Wed	7:15-7:30	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	
21-Jul	Fri	6:15-6:30	Jong Jump	Distance	Hurdles	Softball Throw	Sprint	Relay	Shot Put	Sprint	Agility Training	
21-Jul	Fri	6:35-6:50	Agility Training	Long Jump	Distance	Hurdles	Discus	Sprint	Relay	Shot Put	Sprint	
21-Jul	Fri	6:55-7:10	Sprint	Agility Training	Long Jump	Distance	Hurdles	Discus	Sprint	Relay	Shot Put	
21-Jul	Fri	7:15-7:30	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	

MEET #3

July 25-29

			5-6 Group A	5-6 Group B	7-8 Group A	7-8 Group B	9-10 Group A	9-10 Group B	11-12 Group A	11-12 Group B	13-14	
24-Jul	Mon	6:15-6:30	Obstacle Course	Distance	Relay	Softball Throw	Sprint	Agility Training	Long Jump	Sprint	Hurdles	
24-Jul	Mon	6:35-6:50	Hurdles	Obstacle Course	Distance	Relay	Discus	Sprint	Blocks	Long Jump	Sprint	Relay Meet
24-Jul	Mon	6:55-7:10	Sprint	Hurdles	Softball Throw	Distance	Relay	Discus	Sprint	Blocks	Long Jump	
24-Jul	Mon	7:15-7:30	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	
26-Jul	Wed	6:15-6:30	Distance	Relay	Obstacle Course	Sprint	Agility Training	Long Jump	Sprint	Hurdles	Discus	
26-Jul	Wed	6:35-6:50	Softball Throw	Distance	Relay	Obstacle Course	Sprint	Blocks	Long Jump	Sprint	Hurdles	
26-Jul	Wed	6:55-7:10	Relay	Softball Throw	Distance	Relay	Obstacle Course	Sprint	Blocks	Long Jump	Sprint	
26-Jul	Wed	7:15-7:30	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	
28-Jul	Fri	6:15-6:30	Agility Training	Jong Jump	Distance	Hurdles	Discus	Sprint	Relay	Shot Put	Sprint	
28-Jul	Fri	6:35-6:50	Sprint	Agility Training	Jong Jump	Distance	Hurdles	Discus	Sprint	Relay	Shot Put	
28-Jul	Fri	6:55-7:10	Shot Put	Sprint	Agility Training	Jong Jump	Distance	Hurdles	Discus	Sprint	Relay	
28-Jul	Fri	7:15-7:30	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	Cool Down/Games	

MEET #4

No Practice